

Mile	Split
1	7:49
2	15:38
3	23:27
4	31:17
5	39:06
6	46:55
7	54:44
8	1:02:33
9	1:10:22
10	1:18:11
11	1:26:00
12	1:33:50
13	1:41:39
14	1:49:28
15	1:57:17
16	2:05:06
17	2:12:55
18	2:20:44
19	2:28:33
20	2:36:23
21	2:44:12
22	2:52:01
23	2:59:50
24	3:07:39
25	3:15:28
26	3:23:17
26.2	3:25:00